

Mozzarella Chicken with Garlic Spinach

Makes: 8 Servings

Ingredients

- 8** chicken breast halves (small, skin and bone removed)
- 1/2 cup** bread crumbs (Italian seasoned, crushed)
- 8 ounces** mozzarella cheese, part skim (shredded)
- 1 tablespoon** canola oil
- 4 cloves** garlic (minced)
- 18 ounces** spinach leaves (two 9-oz packages)

Directions





1. Preheat oven to 400 degrees F.
2. Place chicken between 2 sheets of plastic wrap; pound chicken to 1/4 inch thick.
3. Coat chicken with bread crumbs and place on foil-covered baking sheet. Discard remaining bread crumbs. Bake 10 minutes.
4. Top chicken with cheese; bake 4-5 minutes until cheese is melted and chicken reaches an internal temperature of 165 degrees F.
5. Meanwhile, heat oil in a large skillet on medium heat. Add garlic and stir 1 minute.
6. Add half the spinach and cook 1 minute.

Nutrition Information

Nutrients	Amount
Calories	312
Total Fat	12 g
Saturated Fat	4 g
Cholesterol	100 mg
Sodium	380 mg
Total Carbohydrate	9 g
Dietary Fiber	2 g
Total Sugars	1 g
Added Sugars included	0 g
Protein	41 g
Vitamin D	0 IU
Calcium	309 mg
Iron	3 mg
Potassium	701 mg

N/A - data is not available

MyPlate Food Groups

	Vegetables	1 1/4 cups
	Grains	1/2 ounce
	Protein Foods	3 1/2 ounces
	Dairy	3/4 cup

7. Add remaining spinach. Cook until wilted, turning occasionally. Serve with chicken.

Source: Simple Healthy RecipesONIE Project - Oklahoma Nutrition Information and Education